

Shake That Thing

拍數: 32 牆數: 4 級數: Improver
編舞者: Eddie Ainsworth (UK) & Ed Lawton (UK)
音樂: Shake That Thing - The Fantastic Shakers



SYNCOPATED JUMP FORWARD, CLAP, HIP ROLLS, SYNCOPATED JUMP BACK, CLAP, HIP ROLLS

- &1-2 Jump forward on right, left. (feet shoulder width apart) clap hands on count 2
3-4 Roll hips over 2 counts, to the left
&5-6 Jump back on right, left. (feet shoulder width apart) clap hands on count 2
7-8 Roll hips over 2 counts, to the left

ROCK, RECOVER, TOUCH BACK, REVERSE PIVOT, LEFT ½ PIVOT, STEP, HOLD

- 9-10 Rock forward on right, recover weight back onto left
11-12 Touch right toe back, pivot on ball of left making ½ a turn over right shoulder (weight ends on right foot)
13-14 Step forward on left foot, pivot over right shoulder on balls of both feet making ½ a turn to right
15-16 Step forward on left foot, bending body slightly forward with left hand on left thigh, hold on count 16

RIGHT HIP BUMPS, LEFT HIP BUMPS, KNEE WALKS X4

- 17&18 Step right foot forward pushing hips to right, bump hips to left, bump hips to right
19&20 Repeat counts 17 & 18 starting on left foot
21-22 Step forward on right bending knee slightly to left, step forward on left bending knee slightly to right
23-24 Repeat counts 21 - 22

SHIMMY RIGHT, ½ TURN, KNEE WALKS X3, TOUCH

- 25-26 Shimmy shoulders to right side as you rock right foot to right side and recover weight back onto left
27-28 On ball of left foot make ½ a turn over right shoulder, bringing right foot next to left, weight ends on right foot
29-30 Step left foot forward bending knee slightly to right, step right foot forward bending knee slightly to left
21-32 Step left forward bending knee slightly to right, touch right toe next to left

SYNCOPATED GRAPEVINE WITH ¼ TURN, STEP ½ PIVOT, STEP TOUCH TWICE

- 33-34 Step right foot to right side, cross left behind right
&35-36 Step ¼ turn on right foot, to right side, step forward on left foot, pivot ½ a turn over right shoulder. (weight ends on right foot)
37-38 Step forward on left foot, touch right toe to right side. (traveling forward)
39-40 Step forward on right foot, touch left toe to left side. (traveling forward)

LEFT ½ PIVOT, ROCK FORWARD, RECOVER, BACK LEFT SHUFFLE, ROCK BACK RECOVER

- 41-42 Step forward on left foot, pivot ½ a turn over right shoulder (weight ends on right foot)
43-44 Rock forward on left foot, recover weight back onto right
45&46 Step left foot back, step right next to left, step back on left foot
47&48 Rock back on right foot, recover weight back onto left foot

REPEAT